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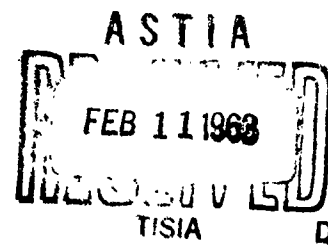
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295 784

INTERNATIONAL SCIENTIFIC LIFE
PROGRAM OF INVESTIGATING CARDIO-VASCULAR DISEASES

BY

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UNEDITED ROUGH DRAFT TRANSLATION

INTERNATIONAL SCIENTIFIC LIFE PROGRAM OF
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English Pages: 8

SOURCE: Russian periodical, Vestnik Akademii
Meditsinskikh Nauk SSSR, Nr. 3, 1961,
pp 48-50

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International Scientific Life
Program of Investigating Cardio-Vascular Diseases

by

V.V.Parin

(Lecture about the group sent to Geneva to participate in the functions of the scientific delegation in setting up a program of investigations in the field of cardiovascular diseases (Scientific group on a Research Program in Cardiovascular diseases) of All World Health Preservation Organization¹.

The function of the group, established by the department of Cardiovascular Diseases (Cardiovascular Diseases Unit) of the World Health Organization (VOZ), took place from May 30 through June 3 1960 in Geneva. The unit was made up of 11 scientists from various countries: Prof. Birch (USA)-chairman of the unit, prof. V.V. Parin (USSR)-vice chairman, prof. Donald (England), prof. Davis (Uganda, Africa), Dr. Detweiler (USA), prof. Ovreim (Norway), prof. Ramalingaswami (India), prof. Tacini (Argentina), Dr. Watt (USA). In the operations of the unit constantly participated prof. Feifar (chief of Cardiovascular Diseases Branch of VOZ) Dr. Peterson and Dr. Kagan (coworkers of the VOZ).

The work of the group was well prepared by three consultants - prof. Bardger (USA), prof. Bjerk (Sweden) and Dr. Oliver (England), which compiled the projects of establishing the group, based on actual material sent in beforehand for the lectures of the reports group members. In consequence, in the process of the sessions, the reports were basically discussed and subjected to more or less thorough scrutiny and certain editorial changes

1. For sake of brevity this organization is called a group.

were made in individual points of the project. Members of the group gave no formal lectures, because reports were sent to them beforehand. Whenever convenient during the evaluation of the project the lecturers have briefly argumented their positions by individual ideas of the projects. As result of this conference the delegates adopted unanimously a detailed program, sent to the general director of the VOZ.

In the report of the group was given first of all a brief summary of measures, carried out by the VOZ in the field of combatting cardio-vascular diseases, - the establishment in 1955 of a group to study arteriosclerosis and coronary deficiencies; publication of a series of documents by that group; creation in 1959 of a Cardio-Vascular Diseases Department (Unit for Cardiovascular diseases); adoption of a resolution by the VOZ on the development of a broadened program of scientific investigations, particularly on cardiovascular pathology, etc.

On the basis of these measures and because of the necessity of considerably expanding international cooperation in the field of studying cardio-vascular diseases and combatting same, the group introduced numerous recommendations.

The first batch of these recommendations comprises the following scientific-organizational measures: organizing a committee to diagnose cardio-vascular diseases, establishment of central labs for standardization of methods for pathological-anatomical and biochemical investigations, creation of a center for studying cardiomyopathy.

The necessity for creating a committee to diagnose cardio-vascular diseases is dictated by the fact, that the corresponding chapter VII of the publication of the International Classification of Diseases by a majority of specialists is considered as unsatisfactory. It is the opinion of the group, that the committee should be made up of representatives of countries, characterized by differences in diagnostic terminology and possessing considerable scientific authority. In the role of one of the preliminary ways of group committee's operation is recommended the mailing to known specialists-cardiologists of a number of countries of 100 typical histories of the disease of patients with various forms of cardio-vascular pathology. After

examining the histories of the diseases the diagnoses, made by specialists, should be placed to the disposal of the committee and subjected to comparison and comparative investigation. The recommendations agreed upon by the committee should be included in the VII edition of International classification of diseases, being prepared for publication in 1965. All intermediate stages of committee work should be brought to attention of the Health Ministries of nations participating in VOZ (World Health Organization), national medical research councils or organs allied with them and medicinal scientific institutions. For maintenance of the committee the group recommends to appropriate 200,000 USA dollars from the VOZ funds.

The group noticed greater divergences in the pathologoanatomical investigation methods used in individual countries to study inflections of the cardio-vascular system and the terminology used in describing the results of such investigations. To assure comparability of data, obtained in various countries, the group recommends to establish, on the basis of best recommended institutions, of central labs of international renown: 1) on methods of macro- and microscopic investigation of the pathology of blood circulation and 2) on methods of biochemically investigating blood, above all its lipides. The tasks of such labs will include giving consultations upon written requests, compilation of conclusions on specimen's sent in for examination, reservation of working places to study by the established method, publication of standards for investigation methods etc. Upon recommendation of the group four (4) such labs should be set up (2 on pathological anatomy and 2 on biochemistry), two of which should be situated in America and 2 in Europe. Of the probable cities in Europe the group considers Edinburgh, Lund, Moscow, Stuttgart.

Considering the great international importance of such labs, it is desirable that our country adopts steps to organize labs on pathological anatomy in Moscow under the leadership of I.V. Davydovskiy or in Leningrad under the leadership of N.N. Anichkov and on biochemistry in Moscow at the Institute of Therapy of the Academy of Medical Sciences USSR or at the Institute of Biological and Medicinal Chemistry of the

Academy of Medical Sciences U.S.S.R. Here it should be taken into consideration, that for the upkeep of each such lab the group considers it necessary to appropriate an annual allowance of 15000 dollars from the VOZ funds.

The creation of a center to study myocariopathy is prompted by the broad spread in tropical and subtropical countries of Asia and Africa of little known myocarditis diseases of unknown ethiology. The place for organizing such a center the group suggested the city of Kampala in Uganda (Eastern Africa). This selection was prompted by the initiative of Dr. Davis who participated in operations of that group, and heads the pathology faculty of the East-African University. It is most advisable to solve the problem in favor of one of African countries which recently gained independence, because the annual appropriation of 30000 dollars designated for such center could aid considerably in improving the health conditions in such countries.

^{second}
The ^{second} section of group's recommendations pertains to measures having the purpose of expanding international scientific cooperation in the field of studying the "epidemiology" of cardio-vascular diseases, application in medicinal purposes of veterinary investigations of cardio-vascular diseases of animals, the carrying out of precise investigations on anticoagulation therapy.

The group found it necessary to conduct international courses on the epidemiology of cardio-vascular diseases as mentioned by the VOZ, emphasizing the necessity of employing specialists, who have completed courses, to develop operations in this field in their own countries. Further work should follow, in the opinion of the group, a path of carrying out coordinated investigations in individual countries. To coordinate these operations the group recommends the establishment of a small commission of consultants on problem of epidemiology of cardio-vascular diseases.

The group recommended also the establishment of commission to study cardio-vascular diseases of animals. A comprehensive and well based report on this subject was presented by a working participant of the group Dr. Detweiler (USA).

The setting up of the problem to carry on strictly coordinated investigations of the therapeutical value of anticoagulation therapy with respect to selecting patients, assortment of used anticoagulants, treatment method, control of its success, was prompted by the discrepancies in this field existing to this day. When changing over to practical realization of such investigations it would be advisable from our side to propose the participation of the Institute of Therapy of the Academy of Medical Sciences USSR and the clinic, headed by prof B.P.Kushelevskiy (Sverdlovsk), having greater experience in this field.

In this group of recommendations is also provided the appropriation of VOZ funds (20000 USA dollars per annum) for short trips of scientists for purposes of exchanging experiences, personal consultations and aid in the development of definite problems, as well as means to carry out symposiums with participation of small groups of specialists to evaluate strictly limited narrow problems of cardiology. The organization of larger VOZ International Conferences or Congresses on cardiology was considered inadvisable by the group.

The third batch of the group's recommendations is connected with problems of providing the training of young scientists and more mature researchers by providing funds for trips abroad.

As young scientists the group recommends to consider persons, already having a certain experience in practical and scientific operation in the field of cardiology, and not only the ones who have just graduated from the course of training doctors. The service time for such persons should be 1-2 years. The group recommended that young scientists should obtain during the time of their foreign service extensive training in the field of theoretical achievements of cardiology and in new investigation methods. Participation of these persons in research functions of these institutions, to which they will be assigned, should not be taken as egoistic. After returning home young scientists, having gained their qualifications, should work in special cardiological institutions.

For more mature scientific workers are provided brief trips (not more than 6 months) to improve the knowledge in definite more narrow field or for the purpose of helping to carry out investigations in these or any other foreign institutions.

The group^{found} inadvisable the organization of some kind of larger international research establishment on cardiology, keeping in mind that prominent scientists-cardiologists could work in their own countries with greater benefits for the country and for science on the whole.

The group has also found unnecessary the organization of international improvements courses in the field of cardiology, on the basis of facts, that in developed countries this job is sufficiently secured by internal measures, and doctors from economically undeveloped countries can obtain funds for trips to such courses from other VOZ funds.

The total amount demanded by the group for aid to younger and senior scientists is 100000 dollars per annum. It is necessary to prepare our candidates for such funds.

The fourth batch of resolutions adopted by the group bears the title "Certain Recommendations on Organizational Supervision of Investigations on Cardio-Vascular Pathology". In these resolutions the group recommended to the VOZ to establish premium awards in the fields of actual problems of cardiology. To work out conditions about the award of premiums the group considers it necessary to set up a special committee with short period of authority. In the role of examples of the ones, deserving an award, the group pointed toward such as the development of a simple accessible under expeditious conditions, method of determining minute volume of blood circulation, creation of methods of revealing preinfarct and preinsultus conditions, revealment of a tendency toward hypertonic disease, creation of instruments for long lasting investigation of blood pressure under conditions of free behavior of the animals etc.

The group also recommended that VOZ give financial aid to individual authoritative institutions and persons upon the conduction of same of actual investigations in the field of cardiology.

The group called attention to the need of providing scientists-cardiologists, working within the frame work of the VOZ, with the possibility of periodically working in their specialty, without which the attraction of scientists-specialists into the VOZ apparatus will always meet with founded objections from them.

In the fifth batch of resolutions the group discussed first line problems of scientific investigation in the field of cardiology, requiring international cooperation.

These problems include: a) "Epidemiology" of cardio-vascular diseases, b) coronary deficiency, c) hypertonic disease, d) cardiomyopathy, e) cardio-pulmonary deficiency, f) cardio-vascular diseases in tropical countries, g) cardio-vascular diseases of animals.

In the text of the resolution are discussed individual aspects of these problems having maximum actuality. In this chapter have been fully accepted the recommendations on problems of physiology and pathophysiology of blood circulation, solved by a group of leading scientific workers at the Institute of normal and pathological physiology at the Academy of Medical Sciences USSR.

The operation of the group was in absolute business like and friendly conditions. A number of points, proposed by the Soviet delegation, and a number of our corrections of principal and editorial nature have been accepted without objections.

It is necessary particularly to emphasize the friendly relationship to the Soviet government from the side of group leaders of cardio-vascular diseases of the VOZ Zdenek Feyfar, as well as doctors Bjerk (Sweden), Watt (USA), Tacini (Argentina) and Ramalingasvami (India).

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